

Module 1: Introduction to CERT
Lesson 1: CERT Overview

Instructions: Review each statement and then indicate if it is true (T) or false (F).

- T F CERTs operating in their neighborhoods can extend the capabilities of response organizations.
- T F CERT requires volunteers to be extensively trained so that they can take the place of emergency responders.
- T F When response resources are limited, emergency services usually convert to a first-come, first-serve basis for deploying personnel.
- T F Damage to the infrastructure often restricts the capabilities of response services.

Instructions: Review each statement and then indicate if it is true (T) or false (F).

- T F Reducing potential fire hazards in your home is an example of a hazard mitigation action.
- T F The CERT's role is to promote disaster preparedness; CERT members very rarely become involved in disaster response.
- T F As a CERT, your number one priority is to ensure the safety of those in need.
- T F Part of your CERT training will include learning how to extinguish small fires and conducting light search and rescue operations.

Module 1: Introduction to CERT
Lesson 2: Family and Workplace Preparedness

Instructions: Select the correct answer.

- _____ is an example of structural hazard mitigation.
- _____ Securing cabinet doors with childproof fasteners
- _____ Installing fire alarms
- _____ Anchoring a grandfather clock to the wall
- _____ Moving utility boxes above flood level

Instructions: Select the correct answer.

- _____ is an example of nonstructural hazard mitigation.
- _____ Anchoring a mobile home to its slab
- _____ Securing office equipment in place
- _____ Having the roof and chimney checked for integrity
- _____ Removing flammable vegetation from around a house in a wildfire area

Instructions: Select the correct answer.

After a disaster, it might be necessary to _____ to prevent additional damage from fire.

- _____ Install a sprinkler system
- _____ Buy fire extinguishers
- _____ Shut off electrical and gas utilities
- _____ Store highly flammable chemicals in locked cabinets

Community Emergency Response Team
Sample Quiz Questions

Instructions: Review each statement and then indicate if it is true (T) or false (F).

- T F A family disaster plan should specify a primary and backup evacuation route.
- T F A family disaster plan should indicate whether you will evacuate or shelter in place in a disaster.
- T F As a check-in contact for family members to call, someone in the local area would be the best choice.
- T F A family escape plan should include routes out of every room in the house.
- T F Escape plans are not necessary for workplaces because they have sprinkler systems.
- T F A disaster supply kit should include items needed in an evacuation and items needed if you are confined to the house after a disaster.
- T F The best authority on whether to evacuate or shelter in place is the EAS.
- T F The best safe room is an external room with a phone.
- T F The first step that you should take in an emergency is to evacuate.

Module 1: Introduction to CERT
Lesson 3: CERT Organization

Instructions: Select the correct answer.

The _____ describes how the community will respond in an emergency or disaster.

- ___ CERT Team Leader
- ___ Emergency Operations Plan
- ___ Operations Section Chief

Instructions: Select the correct answer.

The _____ is used to manage operations by agencies that have responsibilities for responding to emergencies or disasters.

- ___ Emergency Operations Center
- ___ Fire Safety Council
- ___ Incident Command System

Instructions: Select the correct answer.

An advantage of ICS is that:

- ___ It is flexible and expandable to match the needs of the emergency or disaster.
- ___ It has the same size and complexity no matter what the emergency or disaster situation.
- ___ After the organizational structure is set up, it does not change.

Instructions: Select the correct answer.

CERTs take their on-scene direction from:

- ___ The Planning Chief.
- ___ The Team Leader.
- ___ The Emergency Manager.

Instructions: Select the correct answer.

Community Emergency Response Team
Sample Quiz Questions

As the needs of a disaster expand, the Team Leader may assign _____ to manage specific aspects of the response.

- ☐ A Team Commander
- ☐ An Assistant Team Leader
- ☐ Section Chiefs

Instructions: Select the correct answer.

If CERTs are assigned to small teams, each team must include _____

- ☐ A designated leader.
- ☐ The Section Chief.
- ☐ The Incident Commander.

Instructions: Select the correct answer.

Jean is a CERT volunteer. Spring storms have caused flash flooding and mudslides in the valley where she lives. The CERTs in her community are supposed to self-activate.

Which of the following should Jean do first?

- ☐ Report to the predesignated staging area
- ☐ Go to the command post and ask whether they need help
- ☐ Check her home and family

Instructions: Select the correct answer.

Who acts as the initial Incident Commander?

- ☐ The ranking fire or law enforcement officer
- ☐ The first CERT member who arrives at the staging area
- ☐ The local president of CERT

Instructions: Select the correct answer.

_____ is critical to CERT decisionmaking.

- ☐ Ongoing communication
- ☐ Team assignments
- ☐ Training in ICS

Module 1: Introduction to CERT
Lesson 4: CERT Sizeup

Instructions: Read the following scenario and select the most important facts to report to the Team Leader. Select ALL that apply.

You are on your way to the CERT staging area. The wind is from the southwest. You notice that two homes have been moved off their foundations, and four have visible signs of damage to the exterior. You cannot see anyone who is injured. You know that elderly couples live in two of the homes with visible damage to the exterior.

- ☐ Two homes have been moved off their foundations.
- ☐ Four homes have visible damage to the exterior.
- ☐ The wind is from the southwest.
- ☐ You cannot see anyone who is injured.
- ☐ Elderly couples live in two of the homes with visible damage to the exterior.

Instructions: Read the following scenario and select the most important facts to report to the Team Leader. Select ALL that apply.

You pass this home while traveling to the CERT staging area. The home has visible damage to the exterior. You know the woman who lives here and her disabled son but you do not know if they are home. The home appears moderately damaged to you. You also smell a strong odor of gas in the neighborhood. You are concerned about additional damage from aftershocks.

- ☐ The home has visible damage to the exterior.
- ☐ A disabled person lives in this home.
- ☐ There is an odor of gas in the neighborhood.
- ☐ Aftershocks could further damage the home.

Instructions: Estimate the level of damage to the building described below. Select the correct answer.

A residential structure has collapsed onto cars that were parked underneath it.

- ☐ Light damage
- ☐ Moderate damage
- ☐ Heavy damage

Instructions: Estimate the level of damage to the building described below. Select the correct answer.

The interior of a school has major damage to furnishings, ceiling tiles, and other nonstructural features.

- ☐ Light damage
- ☐ Moderate damage
- ☐ Heavy damage

Instructions: Estimate the level of damage to the building described below. Select the correct answer.

The structure has suffered major roof collapse.

- ☐ Light damage
- ☐ Moderate damage
- ☐ Heavy damage

Instructions: Answer the following question by selecting the probabilities that you should consider. Select ALL that apply.

While conducting a sizeup, you notice that the electrical wires attached to the house have been loosened. While the wires haven't fallen, they are sparking as contact is broken and made again.

- ☐ The home could collapse.
- ☐ The live wire could fall.
- ☐ People could be trapped inside.
- ☐ The home could catch fire.

Instructions: Select the correct answer.

A home has been moved off of its foundation. What does that mean for CERT members?

- ☐ Light Damage—CERT members should proceed very cautiously.
- ☐ Moderate Damage—CERT search and rescue teams will be needed.
- ☐ Heavy Damage—CERT members should not enter.

Instructions: Select the correct answer.

At the staging area, the Team Leader presents the following information based on the sizeup:

- There has been heavy damage to 4 homes and moderate damage to 12 others.
- Sixteen injured people have been located outside the homes. The extent of their injuries is unknown.
- Four people are unaccounted for and may be in the heavily damaged homes.
- Electric lines are down in the area. One home has a wire that is sparking at its point of entry.

Based on this information, what is the team's first priority?

- ☐ Locating the four missing people.
- ☐ Shutting off electricity to the area.
- ☐ Triaging and treating those known to be injured.
- ☐ Searching the moderately damaged homes.

Instructions: Select the correct answer.

CERT members are about to enter a moderately damaged building. There is a strong aftershock.

What does this information tell you about what CERT members should do?

- ☐ CERT members should go in as planned.
- ☐ CERT members should withdraw from the area.
- ☐ CERT members should assess damage from the aftershock before proceeding.
- ☐ CERT members should split into two teams, with one entering the building and one doing sizeup.

Instructions: Next to each potential action below, enter the number indicating its priority from 1 to 3.

- ☐ Provide medical treatment for the injured.
- ☐ Search for missing persons.
- ☐ Address known hazards to CERT members.

Instructions: Select the correct answer.

The incident as it is now known includes:

- **Damage:** Heavy: 4 homes and car in ditch; Moderate: 12 homes, 1 commercial structure
- **Injuries:** 16
- **Missing Persons:** 4
- **Hazards:** Known electrical hazards; threat of thunder storms
- **Status Unknown:** Condition of possible person in the car in gully
- **CERT Resources:** 16 CERT members at the scene

- **Priorities:** 16 injured: 5-person medical team sent at 2:00 pm to work with 16 injured; runner is to report back to IC at 2:30 with an update of the situation; 2 people sent at 2:10 to put perimeter tape around downed power line; at 2:20, 2 people sent to check gas lines of heavily damaged homes; location of car too dangerous—will inform responders when they arrive.

Would you develop a written plan indicating the location of homes and damage, number injured, car in gully, hazards found, and actions taken?

- ☐ Yes
☐ No

Instructions: Select the correct answer.

You have addressed the immediate hazards to CERT members and begun triaging the injured. Three victims require immediate treatment. The weather is getting worse. There is lightning in the distance.

After evaluating your progress to this point, how would you alter your action plan?

- ☐ Complete search and rescue activities immediately.
☐ Assign additional personnel to medical operations.
☐ Take immediate steps to protect the CERT members and victims.
☐ Conduct rescue activities on the person in the car.

Instructions: Select the correct answer.

You have moved your operation to a covered area that is not in danger of flooding.

What other changes would you make to your action plan?

- ☐ Complete search and rescue activities immediately.
☐ Assign additional personnel to medical operations.
☐ Conduct rescue activities on the person in the car.
☐ No changes are necessary.

Module 2: Fire Safety

Lesson 5: Introduction to Fire Safety

Instructions: Review the fire descriptions. Identify the fire class by entering A, B, C, or D in the space provided.

- ☐ Electrical power lines felled by a tree are lying across a room, which catches fire.
☐ Temperatures in a work shed rise, and gasoline-soaked rags spontaneously combust.
☐ A candle on a table ignites nearby draperies.
☐ Magnesium supplies in a factory ignite when fire spreads from a paper waste fire.
☐ Oil spilled in a highway accident catches fire.
☐ A wildfire spreads through acres of forest.

Instructions: Select the correct answer.

- A _____ may be rated for A, B, and C fires.
☐ Water extinguisher
☐ Dry chemical extinguisher
☐ Carbon dioxide extinguisher

___ Specialty extinguisher

Instructions: Select the correct answer.

Water can be used to extinguish:

- ___ Only Class A fires.
- ___ Class B and C fires.
- ___ Only Class B fires.
- ___ Class, A, B, and C fires.

Module 2: Fire Safety
Lesson 6: Fire Hazards In the Home and Workplace

Instructions: Indicate whether the following practices are safe (S) or unsafe (U) practices.

- S U Plug a refrigerator into a power strip.
- S U Protect an extension cord from foot traffic by running it under a rug.
- S U Plug a computer and printer into a power strip with circuit breaker.
- S U Plug a power strip into a power strip.
- S U Connect a bedside lamp to an outlet behind the dresser using an extension cord.
- S U Turn off electricity by shutting off individual breakers first, then the main circuit.
- S U Wearing rubber boots, wade through 2 inches of water to the electrical box.
- S U Turn off gas at the outside meter if there are indicators that gas is leaking.
- S U Keep cleaning fluid in a closed cupboard.
- S U Store gasoline in a closed cupboard in the basement.

Module 2: Fire Safety
Lesson 7: Safe fire Suppression

Instructions: Select the correct answer.

If you are not wearing personal protection equipment when you discover a fire, you should:

- ___ Extinguish the fire from a safe distance.
- ___ Call for a backup team to help.
- ___ Make sure that you have two escape routes.
- ___ Leave the building.

Instructions: Select the correct answer.

If you encounter a smoke-filled room with a small fire, you should:

- ___ Check the door temperature before entering.
- ___ Enter the room and stay low.
- ___ Not enter the room and confine the fire by shutting the door, if possible.
- ___ Team with a buddy before you go in.

Instructions: Select the correct answer.

You should only suppress small fires that are about the size of a:

- ___ Wastepaper can.

- ___ Closet.
- ___ Small car.
- ___ Room.

Instructions: Select the correct answer.

The Best distance for fighting a fire is:

- ___ As close as you can get without getting burned.
- ___ Near the limit of your extinguisher's effective range.
- ___ Approximately 30 feet.
- ___ From the nearest exit.

Instructions: Select ALL that apply.

You have a portable extinguisher labeled 2A:10B:C. What types of fires can you use it on.

- ___ Ordinary combustibles, 2½ gallon capacity
- ___ Burning titanium, 2 liters
- ___ Flammable and combustible liquids, 10 square feet
- ___ Electrical fire
- ___ Wood, 10 gallon capacity

Instructions: Put the steps for operating an extinguisher in the correct order. Indicate the order by entering the number in the space provide.

- ___ Squeeze the trigger as you approach the fire.
- ___ Test the extinguisher before approaching the fire and aim the hose or nozzle at the base of the fire.
- ___ Pull the pin.
- ___ Sweep the base of the fire.

Instructions: Select the correct answer.

After suppressing a small fire, you should first:

- ___ Open all doors to let in fresh air.
- ___ Exit as quickly as possible.
- ___ Overhaul the fire.
- ___ Empty the extinguisher canister.

Module 3: Hazardous Materials and Terrorist Incidents
Lesson 8: Introduction to Special Situations

Instructions: Review each statement and then indicate if it is true (T) or false (F).

- T F If an incident involves hazardous materials, CERT members should complete a sizeup as usual.
- T F After completing the classroom training, CERT members will be qualified to respond to hazardous materials incidents.
- T F During hazardous materials incidents, as in any other type of incident, your safety is the highest priority.

- T F If you think that you have been contaminated, you should flush the contaminated area with copious amounts of water.

Module 3: Hazardous Materials and Terrorist Incidents
Lesson 9: Hazardous Materials Safety

Instructions: Review each statement and then indicated if it is true (T) or false (F).

- T F Many items that we use in the home regularly can be hazardous if handled, stored, or disposed of improperly.
- T F If you suspect that a child has ingested a chemical, you should call the poison control center immediately.
- T F If there is a danger that a household chemical may catch fire or explode, you should clean it up quickly.

Instructions: Select the correct answer.

The NFPA 704 Diamond is used to identify hazardous materials being:

- ___ Transported by vehicle.
- ___ Transported by rail.
- ___ Produced.

Instructions: Select the correct answer.

A number from 1 to 4 inside the blue, red, and yellow quadrants of the NFPA 704 Diamond indicates:

- ___ Degree of risk.
- ___ Chemical class.
- ___ Reactivity.
- ___ Flammability.

Instructions: Select the correct answer.

When encountering any type of hazardous materials, CERT members should:

- ___ Try to determine the degree of risk from the materials.
- ___ Take the steps necessary to ensure that the materials do not catch fire.
- ___ Evacuate to an upwind, uphill location.
- ___ Leave the materials alone but continue other operations.

Instructions: Review each statement and then indicate if it is true (T) or false (F).

- T F The DOT placard system was developed to identify hazardous materials in transit.
- T F A vehicle containing hazardous materials will always display a placard.
- T F The DOT system is the only placarding system used in the United States.

Module 3: Hazardous Materials & Terrorist Incidents
Lesson 10: Terrorism and CERT

Instructions: Select the correct answer.

You are driving by your city's convention center when you hear and see a large explosion. Smoke is pouring from the building. Glass and pieces of concrete are

everywhere. No one has left the building but many pedestrians appear to be severely injured. What should you do?

- ☐ Park in a safe place and begin helping the victims.
- ☐ Call 9-1-1 from your cell phone.
- ☐ Move to a safe place upwind and uphill.

Instructions: Select the correct answer.

You have just received a call from your neighbor telling you that there has been an explosion downtown and that terrorism is suspected. As a CERT member, what should you do?

- ☐ Respond immediately to the downtown area.
- ☐ Call the other members of your CERT team.
- ☐ Monitor EAS information on your radio or TV.

[Module 4: Disaster Medical Operations](#)
[Lesson 11: introduction to Disaster Medical Operations](#)

Instructions: Select the correct answer

After a disaster, when CERT members respond to victims in their immediate areas before profession responders arrive, their main priority will be to:

- ☐ Organize treatment areas for the responders when they arrive.
- ☐ Keep onlookers away from the victims.
- ☐ Triage victims and treat those with life-threatening conditions.

Instructions: Select the correct answer.

You are at an incident where many victims are dead or unconscious with no obvious cause. You should:

- ☐ Put on all safety equipment before approaching the victims.
- ☐ Leave the scene because of the possibility of chemical agents.
- ☐ Call for backup, then begin evaluating victims.
- ☐ Call for any victims within earshot to come to the sound of your voice.

Instructions: Select the correct answer.

This online course will prepare you to:

- ☐ Treat emergency victims with life-threatening condition.
- ☐ Evaluate but not treat disaster victims.
- ☐ Take classroom skills training in disaster medical operations.
- ☐ Treat only common injuries.

[Module 4: Disaster Medical Operations](#)
[Lesson 12: Treating Life-Threatening Conditions](#)

Instructions: Select the correct answer.

What is the most common airway obstruction in an unconscious or semiconscious victim?

- ☐ Vomit

- ☐ Blood
- ☐ The tongue
- ☐ A small object

Instructions: Select the correct answer.

In a disaster setting with multiple victims, if the victims does not respond to the Head-Tilt/Chin-Lift on the first try, you should:

- ☐ Try once more, and if there still is no breathing, move on to the next victim.
- ☐ Begin cardio-pulmonary resuscitation.
- ☐ Ask a volunteer to keep repeating the procedure until the victim responds.
- ☐ Give up and move on to the next victim.

Instructions: Put the steps for opening the airway in the correct order. Indicate the order by entering the number in the space provide.

- 2 If no response, place the palm of the hand on the victim's forehead.
- Shake the victim and shout, "Can you hear me?"
- 5 Look for chest rise.
- Listen for breathing.
- With two fingers under the chin, lift the jaw and tilt the head back.
- Place your ear near the victim's mouth and look at the chest. Move your hand from the chin to the stomach.
- 7 Feel for abdominal movement.

Instructions: Select the correct answer.

Situation: At the disaster scene, you have discovered a barely conscious victim bleeding profusely from a gash just above the knee. Blood is spurting rhythmically from the wound.

What type of bleeding is the victim experiencing?

- ☐ Arterial
- ☐ Capillary
- ☐ Venous

Instructions: Select ALL that apply.

Situation: At the disaster scene, you have discovered a barely conscious victim bleeding profusely from a gash just above the knee. Blood is spurting rhythmically from the wound.

What methods could you use to control bleeding?

- ☐ Put direct pressure on the wound.
- ☐ Elevate the wound above the heart.
- ☐ Elevate the heart above the wound.
- ☐ Press on the brachial pressure point.
- ☐ If still bleeding after 5 to 7 minutes, apply pressure to the femoral pressure point from that leg.

Instructions: Select the correct answer.

Of the three types of bleeding, which is the most serious and most difficult to control?

- ___ Capillary
- ___ Arterial
- ___ Venous

Instructions: Select ALL that apply.

Which of the following statements are true about shock?

- ___ Shock results from ineffective circulation of blood.
- ___ Remaining in shock can lead to the death of cells, tissues, and organs.
- ___ Slow, steady breathing is on sign of shock.
- ___ More than 2 seconds for normal skin color to return after blanch test is indicative of shock.
- ___ In most cases, the signs of shock are immediately apparent.
- ___ Victim may seem dazed or confused.

Instructions: Select ALL that apply.

Following a tornado, you are checking victims at the disaster scene. It is a windy summer day, about 78°F, and conditions are dry. A victim has a small cut on her head that is not bleeding, but she does not respond to simple commands and is panting. She is on the verge of losing consciousness. How should you treat the person?

- ___ Shake the victim and shout, “Can you hear me?”
- ___ Place the victim on her back.
- ___ Maintain body temperature.
- ___ Use available objects to prop up her head.
- ___ Use available objects to elevate her feet.
- ___ Help the victim walk out of the disaster area.
- ___ Encourage her to drink fluids.
- ___ Maintain an open airway.

Module 4: Disaster Medical Operations Lesson 13: Conducting Triage

Instructions: Select the correct answer.

The goal of triage is to:

- ___ Decide which CERT members will treat which victims.
- ___ Make sure that the workload is spread evenly among the rescuers.
- ___ Ensure an even flow of victims to the patient treatment areas.
- ___ Identify and treat victims who are “immediates” as rapidly as possible.

Instructions: Select the correct answer.

The three CERT triage categories are:

- ___ Critical, noncritical, and undetermined.
- ___ Immediate, delayed, and dead.
- ___ Emergency, elective, and delayed.
- ___ Class A, Class B, and Class C

Instructions: Select the correct answer.

You should change or sterilize latex gloves:

- ☐ Between victims.
- ☐ Once every 15 minutes.
- ☐ If you touch someone who is bleeding.
- ☐ If your gloves become soiled.

Instructions: Put the triage steps in a correct order by using the space provided.

- ☐ Triage and tag the victim.
- ☐ Size up the situation with you buddy.
- ☒ 5 Give "I" victims treatment for airway, bleeding, and shock problems before moving to the next victim.
- ☐ Start where you stand, and follow a systematic route to victims.
- ☐ Document triage results for each location.
- ☒ 2 Conduct voice triage.

Instructions: Select the correct answer.

Voice triage refers to:

- ☐ Checking the airway to see if anything is obstructing the vocal cords.
- ☐ Asking each victim whether they are injured.
- ☐ Checking mental status by asking the victim to respond to a simple command.
- ☐ Directing ambulatory survivors to come to your location.

Instructions: Select the correct answer.

Which victims should be tagged at a disaster site?

- ☐ Only victims who are determined to need immediate or delayed treatment.
- ☐ Everyone who is triaged.
- ☐ Only victims who will be sent to the delayed treatment area or morgue.
- ☐ Everyone except the walking wounded.

Instructions: Select the correct answer.

Victims tagged "I" should be treated:

- ☐ Immediately for airway, bleeding, and shock.
- ☐ As soon as they are moved to the immediate treatment area.
- ☐ As soon as all triage evaluations are finished.

Instructions: Put the triage evaluation steps in a correct order by using the space provided.

- ☐ Check mental status.
- ☐ Check airway/breathing.
- ☐ Check bleeding/circulation.

Instructions: How would you tag each of the victims described below? Select the correct tag for each victim.

- I D Dead No bleeding. Dazed and confused. Doesn't squeeze hand when asked.
- I D Dead Ambulatory. Responds to voice triage. Minor bleeding. Normal blanch.

- I D Dead Very bloody thigh. Unconscious. After two attempts to open airway, still not breathing.
- I D Dead No signs of bleeding. Unconscious. Blanch test takes 5 seconds.
- I D Dead Minor bleeding. Conscious but disoriented. Breathing rate is 40 per minute.

Module 4: Disaster Medical Operations
Lesson 14: Establishing Medical Treatment Areas

Instructions: Select the correct answer.

_____ is responsible for getting victims from the incident site to the medical treatment area.

- _____ Logistics
- _____ Transport
- _____ Triage
- _____ Public health department

Instructions: Select the correct answer.

The medical treatment area is divided into:

- _____ Triage and awaiting triage.
- _____ Injured, uninjured, and unclassified.
- _____ Immediate care and delayed care.
- _____ triage, transport, treatment, and morgue.

Instructions: Select the correct answer.

The medical treatment area should be established:

- _____ After triage has been completed.
- _____ As soon as it is confirmed that there are injured victims.
- _____ When there are too many victims to be treated at the incident site.

Instructions: Select ALL that apply.

In locating the medical treatment area, what characteristics should the site have?

- _____ As far from the incident site as possible
- _____ Close to the hazard zone
- _____ Upwind and downhill from the hazard zone
- _____ At the incident command post
- _____ Upwind and uphill from the hazard zone
- _____ Accessible by transportation vehicles
- _____ Where there is an unlimited supply of running water
- _____ In an area that is free of hazards and debris
- _____ Expandable

Instructions: Select the correct answer.

In the treatment areas, victims should be arranged, in rows:

- _____ Head-to-head.
- _____ By relative severity of injury.

- ☐ Approximately 6 inches apart.
- ☐ Head-to-toe.

Instructions: Select the correct answer.

The morgue should be located:

- ☐ Adjacent to the immediate care area.
- ☐ Between the treatment areas and the incident site.
- ☐ Out of view of the treatment areas.
- ☐ Adjacent to the delayed care area.

Instructions: Select the correct answer.

It is the responsibility of medical treatment area leaders to:

- ☐ Choose the best site for the medical treatment area.
- ☐ Oversee arrangement and assessment of victims.
- ☐ Conduct all patient evaluations.
- ☐ Manage the transport of victims into the treatment area.

Instructions: Select the correct answer.

Information should be documented for:

- ☐ Victims who require immediate care.
- ☐ Victims who require delayed care.
- ☐ All victims except those who died without treatment.
- ☐ All victims.

Instructions: Select ALL that apply.

There is heavy flooding in the wake of a hurricane. Widespread power outages have occurred and the water supply has been contaminated. Many homes have been destroyed, and injuries are numerous. In the delayed area, Victim 1 is not responsive to voice commands. Victim 2 has a broken arm and dislocated shoulder.

In treating these victims, what techniques can you use to maintain hygiene?

- ☐ Wash your hands frequently.
- ☐ Wear latex gloves and change or disinfect them after each patient.
- ☐ Wear a mask and goggles.
- ☐ Avoid contact with body fluids (e.g., vomit).

Instructions: Select ALL that apply.

There is heavy flooding in the wake of a hurricane. Widespread power outages have occurred and the water supply has been contaminated. Many homes have been destroyed, and injuries are numerous. In the delayed area, Victim 1 is not responsive to voice commands. Victim 2 has a broken arm and dislocated shoulder.

In treating these victims, what can you do to maintain sanitation?

- ☐ Dispose of bacterial sources in plastic bags, tie them off, and label them “medical waste.”
- ☐ Dump all medical waste into a dumpster after the incident.
- ☐ Pour a water/bleach solution over all bandages that have been removed from victims.

___ Physically separate Victim 1 from Victim 2.

Instructions: Select ALL that apply.

A victim in the immediate treatment area has a head laceration that needs to be irrigated to remove dirt from the wound. What precautions should you take in treating the wound?

- ___ Use only purified water on the wound.
- ___ Wear gloves, goggles, and a mask to avoid contact with the blood.
- ___ Place all bandages and latex gloves in the nearest trash can when you finish.
- ___ Apply a pressure bandage directly on the wound.

Module 4: Disaster Medical Operations
Lesson 14: Patient Assessment and Treatment

Instructions: Select the correct answer.

A victim should be thoroughly assessed:

- ___ As soon as that victim has been triaged.
- ___ After all victims in the area have been triaged for the three “killers.”
- ___ Immediately after being rescued or located.
- ___ During triage.

Instructions: Should the following tasks be part of a head-to-toe assessment of a conscious victim? Select Yes (Y) or No (N) for each task.

- Y N Ask permission to conduct an assessment.
- Y N Explain what you are doing.
- Y N Assess the type and extent of injuries.
- Y N Identify the mechanism of injury.
- Y N Determine what kind of treatment is needed.
- Y N Provide treatment for identified injuries as you find them.
- Y N Document injuries.

Instructions: A patient assessment should be conducted in the same sequence every time. Put the steps in a correct order by using the space provided.

- _5_ Arms
- ___ Abdomen
- _9_ Back
- ___ Chest
- ___ Head
- ___ Legs
- _2_ Neck
- ___ Pelvis
- ___ Shoulders

Instructions: Select the correct answer.

The main objective with a suspected closed head, neck, or spinal injury is to:

- ___ Prevent further injury by keeping the spine in a straight line.
- ___ Determine the extent of the injury.

___ Move the victim as quickly as possible to a treatment area.

Instructions: Read the victim descriptions below. Based on the information given, should a potential closed head, neck, or spinal injury be suspected. Select Yes (Y) or No (N) for each victim.

Y N A woman is lying unconscious on open ground. No other signs of injury are apparent.

Y N There is a conscious victim who is talking with you. His leg is pinned underneath him, and a broken bone is protruding from his thigh.

Y N A victim has two black eyes and a bloody nose.

Y N A child complains of a bad headache and tingling hands.

Y N A woman has capillary refill of more than 2 seconds.

Instructions: Match the burn descriptions with the burn classifications using the space provided.

1. First-Degree Burn

2. Second-Degree Burn

3. Third-Degree Burn

___ Victim 1: The victim's face is red and blistered, and the eyes are swollen shut. The victim complains of severe pain.

___ Victim 2: The skin on the victim's chest appears brown and charred. The victim does not complain of pain.

___ Victim 3: the victim's arm is red, swollen, and painful when touched. The skin appears shiny and dry.

___ Victim 4: The skin on the victim's legs is whitened and leathery. The pain is intense.

Instructions: What treatments should you use on burns? Select Do or Don't for each treatment.

Do Don't Remove the victims from the burn source.

Do Don't Remove smoldering clothing.

Do Don't Remove adhered particles of clothing.

Do Don't Apply pain-relieving ointment to the burn.

Do Don't Immerse hot skin in cool water for up to 1 minute or apply cool compresses.

Do Don't Break blisters and remove loose skin shreds.

Do Don't Apply ice to the burn.

Do Don't Cool up to 50 percent of the body surface area at one time.

Do Don't Cover the burn with sterile dressings.

Do Don't Elevate burned extremities higher than the heart.

Do Don't Treat third-degree burn victims for shock.

Module 4: Disaster Medical Operations
Lesson 15: Patient Assessment and Treatment

Instructions: Select the correct answer.

Lacerations should be cleaned by:

- ☐ Irrigating and scrubbing the wound to remove embedded particles.
- ☐ Irrigating with water, then soapy water, then water.
- ☐ Flushing with hydrogen peroxide, then water.

Instructions: Select the correct answer.

After cleaning a wound and controlling bleeding, you should:

- ☐ Leave the wound to air-dry.
- ☐ Apply an antibiotic spray, then bandage the wound.
- ☐ Apply a sterile dressing and clean bandage.

Instructions: Select the correct answer.

If a wound continues to bleed after bandaging, you should:

- ☐ Redress the wound over the existing bandage and maintain pressure and elevation.
- ☐ Remove the bandage every 4 to 6 hours to check for infection.
- ☐ Apply ice to slow the bleeding.

Instructions: Select the correct answer.

A victim has a splintered piece of wood impaled in his thigh. One thing you can do is:

- ☐ Remove the piece of wood.
- ☐ Clean around the wood and apply a bulky dressing.
- ☐ Put pressure on the wood piece to help control bleeding.

Instructions: Select the correct answer.

Which of the following injuries should receive the highest priority?

- ☐ Open fracture
- ☐ Closed fracture
- ☐ Dislocation
- ☐ Nondisplaced fracture

Instructions: When treating an open fracture, which of the following treatments should be used? Select ALL valid treatments.

- ☐ Place a moist bandage over the bone end.
- ☐ Realign the bone ends, then apply a splint.
- ☐ Cover the wound with a sterile dressing.
- ☐ Irrigate the wound with soapy water.
- ☐ Splint the fracture without disturbing the wound.
- ☐ Draw the exposed bone ends back into the tissue.

Instructions: Which of the following treatments are recommended when splinting a fracture, dislocation, or sprain? Select ALL recommended treatments.

- ☐ Support the injured area above and below the site of the injury.
- ☐ Straighten the limb into a position that can be conveniently splinted.
- ☐ Immobilize above and below the injury.
- ☐ Secure the splinting material at the site of the injury.
- ☐ Use available rigid and/or soft materials for the splint.

___ After splinting, check for proper circulation.

Instructions: Which of the following treatments are appropriate for a victim with hypothermia. Select Yes (Y) or No (N) for each.

- Y N Remove wet clothing
- Y N Massage extremities to increase blood flow.
- Y N Wrap the victim in a warm blanket.
- Y N Encourage them to walk around to speed circulation.
- Y N Give them cocoa and cookies if conscious and coherent.
- Y N Offer them warmed whiskey.
- Y N Leave wet clothing in place under a warm blanket.
- Y N Put the victim in a place that is sheltered from the wind.

Module 4: Disaster Medical Operations
Lesson 16: Disaster Psychology

Instructions: Select the correct answer.

Steven, a CERT worker, helped tornado victims in his town. He talked with many people who had lost family members or lost everything that they owned. Gradually he developed a feeling of overwhelming sadness and hopelessness. This is an example of:

- ___ Denial
- ___ Vicarious trauma.
- ___ Transference.
- ___ Traumatic crisis.

Instructions: Select the correct answer.

One thing that Steven should have done to help minimize vicarious trauma is:

- ___ Try to solve the victim's problems.
- ___ Avoid talking about his feelings of sadness.
- ___ Monitor his reactions and try not to overidentify with the victims.
- ___ Make light of the victim's problems.

Instructions: Match the emotional responses provided with the crisis phases in which they typically occur. Indicate your answer in the space provided.

- 1. Impact phase
- 2. Inventory phase
- 3. Rescue phase
- 4. Recovery phase
- ___ Survivors are willing to take direction from emergency personnel.
- ___ Survivors usually do not panic. They may show no emotion.
- ___ Routine social ties are replaced by the functional relationships needed to respond to the situation.
- ___ Survivors may pull together against their rescuers.

Instructions: Select ALL that apply.

Survivors' emotional responses to a crisis:

- ___ Are usually predictable.
- ___ May be lessened or intensified by prior experience.
- ___ May be affected by their perception of the event.
- ___ Typically are less intense if they have experienced multiple traumas.
- ___ Are often affected by the passage of time.
- ___ Are different in each individual.

Instructions: Select the correct answer.

Your primary psychological role in a disaster is to:

- ___ Keep victims from getting angry or depressed.
- ___ Stabilize the scene by stabilizing individuals.
- ___ Provide psychological counseling.
- ___ Convince survivors that their situation is better than it appears.

Instructions: Select the correct answer.

When a survivor expresses anger over his or her losses, you should:

- ___ Point out that the situation is not your fault.
- ___ Use humor to improve the person's mood.
- ___ Tell the person that you will be back when he or she calms down.
- ___ Listen to the victim and acknowledge his or her anger over the loss.

Instructions: Answer the following questions by determining if the following approaches are effective ways to stabilize a crisis situation. Select Yes (Y) or No (N) for each approach.

- Y N Provide medical treatment.
- Y N Ask a victim to stop focusing on what he or she has lost.
- Y N Ask an unruly survivor to run for medical supplies from the supply center.
- Y N Point out the "bright side" of the situation (at least the person is live).
- Y N Lend an ear to someone who is asking "Why me?"
- Y N Help a survivor find out where his or her family is being treated.
- Y N At a death scene, watch the grieving family until they gain control of their emotions.
- Y N Apologize if your choice of words upsets a survivor.
- Y N When talking to a survivor, use humor to lighten the situation.

Module 5: Search and Rescue

Lesson 17: Introduction to Light Search and Rescue

Instructions: Select the correct answer.

Before entering a damaged structure, you should complete a sizeup to determine:

- ___ How long CERT members can stay in the structure.
- ___ Whether there are fatalities outside that should be addressed first.
- ___ Whether to attempt a rescue and how to proceed.
- ___ How many CERT members should be on each search and rescue team.

Instructions: Select the correct answer.

Community Emergency Response Team
Sample Quiz Questions

When conducting search and rescue operations _____ is the first priority.

- ___ CERT member safety
- ___ Avoiding property damage
- ___ Minimizing time in the structure
- ___ Ensuring that all victims are located

Instructions: Review each statement about CERT search and rescue and then indicate it is true (T) or false (F).

- T F Wear personal protective equipment at all times.
- T F Rescue heavily trapped victims first.
- T F Avoid searching in areas with standing water.
- T F Enter heavily damaged buildings only after a careful sizeup.
- T F Consider their own safety first.
- T F Perform a sizeup before deciding whether to attempt a rescue.
- T F Assign one person per rescue to extend team resources.

Instructions: Put the sizeup steps in the correct order. Indicate the order by entering the step number in the space provided.

- ___ Develop action plans.
- ___ Consider probabilities.
- _1_ Gather facts.
- ___ Assess your situation.
- _5_ Establish priorities.
- ___ Evaluate progress.
- ___ Assess damage.
- ___ Make decision.
- _8_ Take action.

Instructions: Read the CERT mission statements below. For each mission, select the level of damage to which it applies. Remember the levels of damage are Light (L), Moderate (M), and Heavy (H).

- L M H Secure the building perimeter and warn others of the danger without entering the building.
- L M H Locate, triage, and prioritize removal of victims.
- L M H Locate, triage, and immediately evacuate victims to a safe area while minimizing the number of rescuers inside the structure.

Instructions: Put the CERT priorities in the correct order. Indicate the order by entering the step number in the space provided.

- ___ Life safety for victims and others
- ___ Protection of property
- ___ Safety of CERT members

Module 5: Search and Rescue
Lesson 18: Search Operations

Instructions: Select the correct answer.

Triangulation is the process of locating victims by:

- ☐ Using a consistent search pattern to ensure thorough coverage.
- ☐ Shining flashlights from three directions at once to eliminate shadows.
- ☐ Staying in radio contact with the CERT Area Team Leader.

Instructions: Select the correct answer.

Right wall/left wall is an example of:

- ☐ A systematic search pattern.
- ☐ Triangulation.
- ☐ A marking system for search and rescue.

Instructions: Select the correct answer.

When searching, a CERT team should:

- ☐ Mark each room after completing the search.
- ☐ Make constant noise that can be heard by trapped victims.
- ☐ Call out to have ambulatory victims come to the sound of their voices.

Instructions: Select ALL that apply.

Putting markings directly on the building:

- ☐ Indicates that a team has entered a building.
- ☐ Keeps other teams out of the building.
- ☐ Documents the results of their search when they leave that building.

Instructions: Select the correct answer.

Records maintained by CERT search and rescue teams should be:

- ☐ Related for protection against future liability.
- ☐ Provided to the local CERT Coordinator.
- ☐ Provided to emergency services personnel when they arrive.
- ☐ Destroyed immediately following the response.

[Module 5: Search and Rescue](#)
[Lesson 19: Rescue Operations](#)

Instructions: Answer the following question by inserting the correct words in the blanks to complete the statements about proper lifting techniques. Enter your answers in the spaces provided.

1. _____ the knees.
2. Keep the back _____.
3. _____ with the legs.

Instructions: Select the correct answer.

_____ is the process of wedging a long tool, such as a digging iron or 2x4, against a stationary object (the fulcrum) and using it to lift a heavy object.

- ☐ Box cribbing
- ☐ Stabilizing

- ☐ Leveraging
- ☐ Triaging

Instructions: Select ALL that apply.

What are the key safety principles for leveraging and cribbing?

- ☐ Raise at least to sides of an object at the same time.
- ☐ Keep hands and feet out from under the object.
- ☐ Work as quickly as possible to rescue victims trapped in heavily damaged buildings.
- ☐ Lower the object after removing the victim.
- ☐ Lift an inch; crib an inch.

Instructions: Select the correct answer.

For ambulatory victims, the best removal method is usually;

- ☐ Chair removal.
- ☐ Self-removal with assistance to exit the structure.
- ☐ Two-person carry.

Instructions: Select the correct answer.

The one-person carry should only be used when:

- ☐ Two or more rescuers are not available.
- ☐ The victim is a child or small adult.
- ☐ No other carry method is practical.
- ☐ The victim must be moved very quickly.